

OBAMA CALLS FOR SPENDING INCREASE IN \$3.8T BUDGET **3**

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Tuesday

FEBRUARY 14, 2012 | A PUBLICATION OF *The Washington Post* | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | **FREE DAILY**



DEAD HEAT

Santorum catches Romney in the latest poll of GOP voters **4**

CARIBBEAN ATTACK

An intruder armed with a machete holds up Justice Breyer **4**

QB DEPARTS

O'Brien will leave UMd. after a stormy season under Edsall **12**



FOR EXTENDED FORECAST, SEE PAGE 33

save!
your marriage

Couples turn to online coupon sites to revive date night — and their relationships **11**

EXPRESS ILLUSTRATION

eo

eye openers

HAZARDS OF TRANSLATION

‘Everyone, Go Vomit in A Hard-to-Reach Area’

A commercial targeted at dogs debuted in the U.K. on Monday, the Daily Mail reported. The soundtrack of the ad for Bakers pet food includes high-pitched whistles inaudible to humans. The creators hope the sounds will cause dogs to indicate interest in the ad, thus swaying their owners. Bakers tested the commercial on 12 dogs. One hundred percent of the dogs diverted their attention from a toy to the ad. (EXPRESS)

“I’m actually scared of fruit and veg. I get so angry when people think I’m being faddy.”

— CLAIRE SIMMONS, OF LONDON, SAYS SHE HAS EATEN ONLY CHEESE PIZZA FOR 31 OF HER 33 YEARS. SHE CAME FORWARD TO THE SUN NEWSPAPER AFTER IT REPORTED ON A TEENAGER WHO EATS ONLY CHICKEN NUGGETS.

RETRIALS

400 Years From Now, O.J. Will Be Found Guilty

Katharina Henot — burned at the stake for witchcraft in Cologne, Germany, 384 years ago — may see her name cleared, the Telegraph reported. The city council that once found her guilty was scheduled to reopen the case and review the evidence on Monday. Henot ran the post office and was likely a victim of political scandal fostered by her rivals and enemies. (EXPRESS)

The Big Picture



COUPLE PEAKS EARLY: William Timhede, 23, left, and Napatsawan Timhede, 39, kiss as they hang on sling wire as part of an adventure-themed wedding ceremony in Prachinburi province, Thailand, on Monday. (AP)

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*Coming Soon

Obama Unveils \$3.8T Budget

Election-year plan reprises a long roster of tax, fee proposals

Washington

Taking a pass on reining in government growth, President Obama unveiled a record \$3.8 trillion election-year budget Monday, calling for stimulus-style spending on roads and schools, and tax hikes on the wealthy. The ideas landed with a thud on Capitol Hill.

Though the Pentagon and a number of Cabinet agencies would get squeezed, Obama would leave the spiraling growth of health care programs for the elderly and the poor largely unchecked. The plan claims \$4 trillion in deficit savings over the coming decade, but most of it would be through tax increases Republicans oppose, lower war costs already in motion and budget cuts enacted last year in a debt pact with GOP lawmakers.

Many of the ideas in the White House plan for the 2013 budget year will be thrashed out during this year's election campaigns as

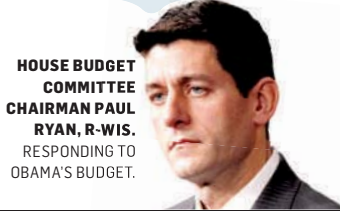
Fighting Words

"We can't just cut our way into growth. We can cut back on the things that we don't need, but we also have to make sure that everyone is paying their fair share for the things that we do need."



PRESIDENT OBAMA
AFTER DELIVERING HIS \$3.8T BUDGET PLAN TO CONGRESS ON MONDAY.

"It seems like the president has decided again to campaign instead of govern and that he's just going to duck this country's fiscal problems."



HOUSE BUDGET COMMITTEE CHAIRMAN PAUL RYAN, R-WIS.
RESPONDING TO OBAMA'S BUDGET.

the Republicans try to oust Obama from the White House and add Senate control to their command of the House.

By the administration's reckoning, the deficit would drop to \$901 billion next year — still requiring the government to borrow 24 cents of every dollar it spends — and would settle in the \$600 billion-plus range by 2015. The deficit for the current budget year, which ends Sept. 30, would hit \$1.3 trillion, a near record and the fourth-straight year of trillion-plus red ink.

Obama's budget blueprint reprises a long roster of prior proposals: raising taxes on couples making more than \$250,000 a year; eliminating numerous tax breaks for oil and gas companies; and approving a series of smaller tax and fee proposals.

There are spending increases, too: The plan seeks \$476 billion for transportation projects. Grants for better performing schools would get a big increase under Obama's "Race to the Top" initiative, and \$8 billion would go to train community college students for high-growth industries. ANDREW TAYLOR (AP)

By the Numbers

President Obama proposes spending \$3.8 trillion for the 2013 budget year, which begins Oct. 1. Here are a few ways he's tackling these issues:

- **TAXES:** The budget would raise \$1.5 trillion in new taxes over the next decade, mainly by letting Bush-era tax cuts expire at the end of this year on families making more than \$250,000 a year.
- **JOB GROWTH:** Obama is seeking more than \$350 billion in measures to boost economic growth and job creation in the short term.
- **MILITARY:** The Pentagon's overall spending would drop in 2013 as the military begins an effort to save about \$260 billion over the next five years. (AP)

In Brief

HARRISBURG, PA.

Local Jury for Sandusky



Sandusky

The judge in Jerry Sandusky's child sex abuse trial on Monday granted the former Penn State assistant coach's request to have a jury made up of residents of State College and the surrounding area, and gave him permission to visit with most of his grandchildren. (AP)

OLYMPIA, WASH.

Gay Marriage Bill Signed Into Law in Washington

Gov. Chris Gregoire handed gay rights advocates a major victory, signing into law a measure that legalizes same-sex marriage in Washington state, making it the seventh in the nation to allow gay and lesbian couples to wed. The law takes effect June 7. (AP)

TRINIDAD, CALIF.

Magnitude-5.6 Quake Strikes Northern Calif.

A moderate earthquake struck Northern California's coast Monday afternoon, rattling nerves around the Oregon border but yielding no immediate reports of major injury or damage, the U.S. Geological Survey said. The magnitude-5.6 quake struck at 1:07 p.m. about 18 miles east of Trinidad. (AP)



Stalled Smartphones: Recently, for 17 million customers with "unlimited data" plans, AT&T Inc. has put a virtual clamp on smartphones. Those who have that plan found that Web pages loaded much slower, YouTube was virtually impossible to watch, and data speeds were reduced to dial-up levels. The reason? Under a new policy, AT&T has started cutting those data speeds as part of an attempt to manage data use on its network. (AP)

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Nation

Santorum Climbs in Poll

In national support, candidate catches up to rival Romney

Washington

Rick Santorum has tied Mitt Romney in national support among Republicans, according to a new Pew Research Center survey.

Gallup also found a statistical tie between the two.

Conventional wisdom often has it that Romney's position shifts are a known quantity from his 2008 run — they are “baked into the cake,” so opposition research and negative ads are unlikely to change voters' perceptions much. This survey suggests otherwise.

According to Pew polling done Feb. 8-12, 30 percent of Republican and GOP-leaning voters support the ex-Pennsylvania senator, while 28 percent prefer the former Massachusetts governor. A month ago, Romney led Santorum by dou-



Snapshots, Not Predictions

Rick Santorum's surge is fueled by tea party supporters and white evangelicals. He takes votes from Mitt Romney, not any other candidate — support for Newt Gingrich and Ron Paul remains stagnant. National polls are just a snapshot in time, not a prediction of election outcomes. At the moment, it appears Romney is losing support on both sides — the conservatives he needs to win the nomination and the independents he needs to win the general election. (AP)

ble digits.

Even worse news for Romney: Doubt about him is growing, especially among tea party Republicans. Fewer voters see him as a strong conservative and as someone who takes consistent positions than did three months ago.

Romney has suffered with independent voters in a head-to-head matchup with President Obama, falling from 50 percent to 42 percent in the past month. Over the past three months, there has been a 19-point-swing among independents

from Romney toward Obama.

A majority of independents used to consider Romney honest and trustworthy as well as qualified for office; that is no longer true, the poll shows.

Romney still outperforms Santorum with independents. Obama would take the group 54 to 40 percent in a matchup with Santorum. But Romney does not perform much better overall — Obama leads him by eight points and Santorum by 10 among all registered voters. RACHEL WEINER (THE WASHINGTON POST)

White House Attacks Birth Control Bills

Washington

The White House said Monday legislation in the Senate that would give employers broad leeway to restrict coverage for contraception is “dangerous and wrong.”

Press secretary Jay Carney took aim at legislation by Sen. Marco Rubio, R-Fla. — a possible GOP vice presidential candidate — and Sen. Joe Manchin, D-W.Va., that would allow any employer to deny birth control coverage if it runs counter to their religious or moral beliefs. (AP)

Justice Breyer Robbed on Vacation

Washington

Justice Stephen Breyer was robbed last week by a machete-wielding intruder at his vacation home in the West Indies, a Supreme Court spokeswoman said Monday.



Breyer

The 73-year-old Breyer, wife Joanna and guests were confronted by the robber around 9 p.m. EST Thursday in the home Breyer owns on the Caribbean island of Nevis, spokeswoman Kathy Arberg said. The intruder took about \$1,000 in cash and no one was hurt, Arberg said. The robbery was reported to local authorities, but she did not know if an arrest has been made.

Breyer was reported to local authorities, but she did not know if an arrest has been made.

Breyer reported on his most recent annual disclosure in June that property he owns on Nevis is worth between \$100,000 and \$250,000.

The last time a justice was the victim of a crime was in 2004, when a group of young men assaulted Justice David Souter as he jogged on a city street. Souter suffered minor injuries.

In 1996, a man snatched Justice Ruth Bader Ginsburg's purse while she was out walking with her husband and daughter near their home in Washington. Ginsburg was not hurt. (AP)

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\$336.4M The amount of a winning Powerball ticket sold Saturday in Newport, R.I. The winner had yet to claim the prize, Rhode Island lottery officials said Monday. (AP)



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WEDNESDAY, FEB 22

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THURSDAY, FEB 23

ANN RABSON BAND

W/ BOB MARGOLIN & JOE MAHER

FRIDAY, FEB 24

THE FAB FOUR

THE ULTIMATE TRIBUTE (2 SHOWS)

SATURDAY, FEB 25

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SATURDAY, MARCH 3

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SUNDAY, MARCH 4

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World

Israel Accuses Iran of Attacking Envoys

Tehran denies a role in 2 targeted blasts in India, Georgia

New Delhi

Israel blamed Iran on Monday for bomb attacks on its diplomats' cars in India and Georgia, heightening concerns that the Jewish state was moving closer to striking its archenemy.

Iran denied responsibility for the attacks that appeared to mirror the recent killings of Iranian nuclear scientists that Tehran blamed on Israel.

The blast in New Delhi set a car ablaze and injured four people, including a diplomat's wife; the device in Georgia was discovered and safely defused.

"Iran is behind these attacks and it is the largest terror exporter in the world," Israeli Prime Minister Benjamin Netanyahu said.

The violence added further tension to one of the globe's most contentious standoffs. Iran has been accused of developing a nuclear weapons program that Israel says threatens its existence. Tehran says its nuclear program is for peaceful purposes only.

Recent comments by Israeli

Backstory ...

Hezbollah and Iran have deep grievances against Israel: Hezbollah battled Israel in a monthlong war in 2006, and Iran has been suspected of looking for payback for attacks on its nuclear program it has blamed on Israel's spy agency Mossad and Western allies. Last month, a top Iranian nuclear scientist was killed in a car bombing, and an Iranian general was quoted after by the semiofficial news agency ISNA as saying that Tehran was "reviewing the punishment" of "behind-the-scene elements" involved in the assassination. (AP)

officials have raised fears Israel might be preparing to strike Iranian nuclear facilities. Israeli leaders note that "all options are on the table" and have warned that time is running out for action. Fearing an Israeli attack could set off

a conflict across the region and send oil prices skyrocketing, U.S. and other Western countries have been pressing Israel to give sanctions more time.

Netanyahu also said Israel had thwarted attacks in recent months

in Azerbaijan and Thailand and other countries.

"In all those cases, the elements behind these attacks were Iran and its protege, Hezbollah," Netanyahu said, referring to Iran's Lebanese proxy. He vowed to "act with a strong hand against international terror."

Iranian officials rejected Netanyahu's accusation.

"This accusation is within the Zionist regime's psychological war against Iran," the official IRNA news agency quoted Foreign Ministry spokesman Ramin Mehmanparast as saying. JOSEF FEDERMAN AND RAVI NESSMAN (AP)

In Brief

LONDON

Radical Cleric Released Into House Arrest in U.K.



Qatada

Abu Qatada, a radical Muslim cleric whom British officials say is an al-Qaeda figurehead, was freed from an English prison into virtual house arrest Monday, British media reported.

Attempts to deport him to Jordan to face terrorism charges were blocked by the European Court of Human Rights, which ruled last month that there is a risk that evidence obtained through torture would be used against him in court. (AP)

BEIRUT

Activists: Rebels Battle To Keep Syrian Town

Syrian rebels repelled a push Monday by government tanks into a town held by forces fighting President Bashar Assad's regime in an 11-month conflict. The U.K.-based Syrian Observatory for Human Rights said at least three regime soldiers were killed in the attempt to storm Rastan, which has been held by rebels since late January. (AP)

Greeks Mop Up After Riots Over Austerity

Athens, Greece

Firefighters doused smoldering buildings and cleanup crews swept rubble from the streets of central Athens on Monday after a night of rioting during which lawmakers approved harsh austerity measures demanded by creditors to save the nation from bankruptcy.

Police said rioters destroyed or damaged more than 110 buildings. They included nine listed as national heritage buildings, and 30 stores were looted.

More than 170 people were hurt in the rioting, which also broke out in other Greek cities. Police arrested 79 people and detained another 92.

The rioting began Sunday afternoon after more than 100,000 protesters marched to the parliament ahead of a vote on drastic austerity measures that include axing 1 in 5 civil service jobs over the next three years and slashing the minimum wage by more than a fifth.



A firefighter on Monday sprays the smoldering rubble of a historic theater in Athens, Greece, which burned during riots Sunday.

Lawmakers approved the bill in a 199-74 vote, crucial for the country to secure \$172 billion in new rescue loans and avoid a potentially catastrophic default next month — bankruptcy could push Greece out of Europe's eurozone, drag down other troubled countries and fur-

40

The amount, in tons, of broken marble and rocks that cleanup crews had gathered after destructive riots rocked the streets of central Athens on Sunday, government officials said Monday. (AP)

ther roil global markets.

Eurozone finance ministers are scheduled to meet on Wednesday to discuss the new bailout deal. They refused to approve the plan last week, saying Athens had to approve the new austerity measures first. (AP)



Build Your Own Base: An auction began Monday for more than 2,000 acres of land overlooking the Caribbean that was once part of the bustling Naval Station Roosevelt Roads. The auction is an effort to resolve the fate of a base that closed in 2004, after the U.S. military stopped using the nearby island of Vieques as a bombing range. The minimum bid was \$10 million for one parcel of nearly 500 acres, and \$30 million for the other parcel. (AP)



MUSEUMS

Date Optional

What becomes of a garden gnome hurled at a car during a stormy breakup? Or a teddy bear that was once a Valentine's Day present? A wedding dress from a marriage gone awry? All are on display at the Museum of Broken Relationships in the Croatian capital of Zagreb. Each Valentine's Day, attendance at the museum almost doubles. "We might say it's a love museum, just upside down," Drazen Grubisic, who co-founded the museum in 2010. (AP)

Germans Remember Dresden Bombing



A YOUTH LIGHTS A CANDLE in Dresden, Germany, on Monday, marking the 67th anniversary of when Allied planes began a devastating two-day bombing of the city during World War II, killing tens of thousands of people.

Pakistan Accuses PM of Contempt

Islamabad

The Supreme Court charged Pakistan's prime minister with contempt Monday for defying its order to reopen an old corruption case against the president, sharpening a political crisis that has shaken this already volatile country.

Prime Minister Yousuf Raza Gilani pleaded not guilty to the contempt charge. If convicted, he could be imprisoned for six months and will likely lose his post. But analysts said the premier seems willing to sacrifice himself for the benefit of his party and his political ally, President Asif Ali Zardari.

The trial is scheduled to begin Feb. 22. Analysts said Gilani seems unlikely to bend to the court's

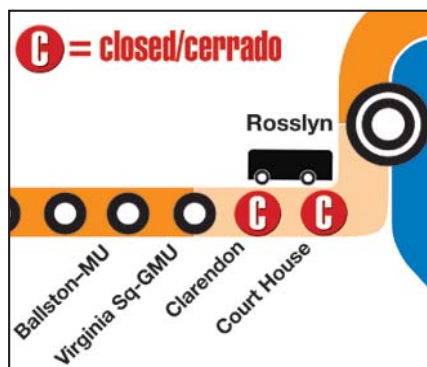
Backstory

Pakistan's continued political upheaval is dangerous, analysts say, because it puts pressure on an already weak civilian government. The crisis also distracts from crucial efforts to repair relations between Pakistan and the United States at a time when Pakistan is considered a key player in efforts to bring peace to Afghanistan. (THE WASHINGTON POST)

demands and will likely be convicted and lose his job.

The national assembly would then vote for a new prime minister, but the process could drag for months. (AP)

Weekend Track Work

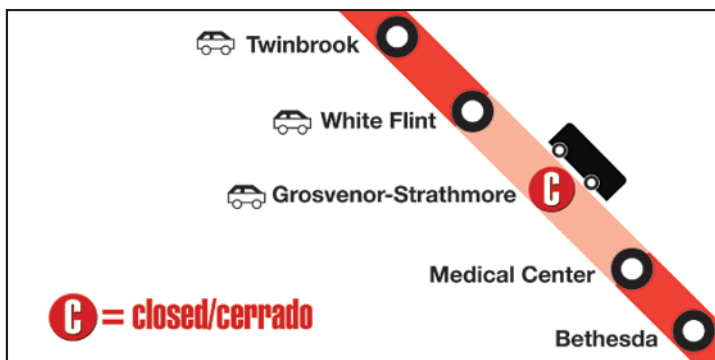


From Friday, February 17 at 10 p.m. to Monday, February 20 at closing: Buses replace trains on the Orange Line between Rosslyn and Virginia Square stations. Buses replace trains on the Red Line between Medical Center and White Flint stations.

Temporarily closing stations and suspending train service is necessary while Metro installs guarded #8 switches and replaces track circuit modules per NTSB recommendations, rehabilitates track and performs cable work.

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Metro relies on nearly \$150M a year from the federal government to fund the agency's aggressive capital improvement plan.

Metro May See \$15M Cut

Obama's 2013 budget proposal would slash major federal funding

Washington

Metro could lose \$15 million in federal funding under President Obama's 2013 budget proposal.

The president's budget notes that "given the difficult fiscal circumstances," he proposes to reduce Metro's annual grant, known as PRIIA — or the Passenger Rail Improvement & Investment Act of 2008 — funding by \$15 million.

His proposal notes that the president's surface transportation plan would "substantially increase overall transit funding."

Metro counts on roughly \$150 million a year in PRIIA funding to use toward its aggressive capital improvements plan. That money is matched by the local jurisdictions.

The money goes toward a range of Metro efforts, including fixing escalators and tracks; installing new switches and signals; buying a new fleet of rail cars to replace its old 1000 series; and other work on the more-than 30-year-old system.

Other Options

Metro is considering a fare hike this year to help balance its budget as it is facing a \$116 million deficit. It is also asking jurisdictions to contribute more money to close the gap. (TWP)

Metro is expected to receive \$475.5 million in federal funding in fiscal 2013 from the federal government, according to its proposed fiscal 2013 budget. About \$308 million of that is formula funding, and \$167.2 million is PRIIA funding and small grants.

The PRIIA deal Metro has with the federal government is compli-

cated because the federal funds are dependent on matching contributions from the three local jurisdictions and federal board members' having seats on the Metro board.

Some Metro observers and board members said they worry those local funds could also be affected. Transit officials said they plan to work with their local congressional delegations to try to get the money restored.

Metro board chairman Cathy Hudgins said Monday that the PRIIA funding "has been an important part of rebuilding Metro."

"Any reduction has an impact on safety and capital improvements," she said.

Metro General Manager Richard Sarles said the PRIIA federal money is needed for the transit agency to "continue crucial safety and reliability work" so it can do work to "provide a safer and more reliable ride" for customers.

DANA HEDGPETH (THE WASHINGTON POST)

Fare Hearing Dates Set

Metro has scheduled six hearings at which the public can submit testimony about plans to raise transit fares and fees. They will begin on Feb. 27 and continue through March 7.

- **Feb. 27:** Bethesda Chevy Chase

Regional Services Center, 4805 Edgemoor Lane, Bethesda

- **Feb. 29:** Mary Ellen Henderson Middle School Cafeteria, 7130 Leesburg Pike, Falls Church

- **March 1:** Matthews Memorial Baptist Church, John H. Kearney, Sr.

Fellowship Hall, 2616 Martin Luther King Jr. Ave. SE

- **March 5:** Washington Lee High School Cafeteria, 1301 N. Stafford St., Arlington

- **March 6:** St. Columba's Episcopal Church, 4201 Albemarle St. NW

- **March 7:** First United Methodist Church, 6201 Belcrest Road, Hyattsville, Md.

Obama Urges Fiscal Autonomy

D.C. lauds president's call for less oversight in 2013 budget plan

Washington

District officials found a piece of good news in President Obama's fiscal 2013 budget submission Monday, praising the White House for including a call for the city to gain a measure of fiscal autonomy.

"Consistent with the principle of home rule, it is the Administration's view that the District's local budget should be authorized to take effect without a separate annual Federal appropriations bill,"

Obama's submission says, adding that he "will work with Congress and the Mayor to pass legislation to amend the D.C. Home Rule Act to provide the District with local budget autonomy."

Calls for the District to be able to spend its own money without waiting for congressional approval have intensified in the past year as the threat of a federal government shutdown put some of D.C.'s government operations in peril.

Outside the Wilson Building on Monday, Mayor Vincent Gray called Obama's language "a huge step forward ... in advancing our cause."

But that optimism was tempered by a desire for more. D.C.



In April, Mayor Vincent Gray, center, and others were arrested while protesting federal spending bill riders on the Hill.

Vote head Ilir Zherka emphasized that "all of us need to understand, that language is not enough." And shadow Sen. Paul Strauss called Obama's submission "an installment payment on the pledges that the president has made."

Standing in front of a digital sign showing the amount of tax revenue District residents have paid to the federal government, Strauss recalled that in the late '90s, the federal government had a budget surplus even as the District ran large deficits. Now, he noted, the deficit-ridden federal government oversees a city "that continues to have surplus after surplus."

BEN PERSHING (THE WASHINGTON POST)

The Lotteries

Monday, Feb. 13

District

Mid-day Lucky Numbers 2-5-9
Evening Lucky Numbers (Sun.) 1-3-9
Mid-day DC 4 3-2-1-9
Evening DC 4 (Sun.) 7-4-0-1
Mid-day D.C. Five 2-9-7-2-7
Evening D.C. Five (Sun.) 9-3-2-6-3

Maryland

Mid-day Pick 3 8-1-7
Evening Pick 3 (Sun.) 8-1-8
Mid-day Pick 4 2-2-1-1
Evening Pick 4 (Sun.) 4-2-3-3
Match 5 (Sun.) 8-16-28-29-30 (11)

Virginia

Mid-day Pick 3 4-0-6
Evening Pick 3 (Sun.) 8-5-2
Mid-day Pick 4 0-4-4-1
Evening Pick 4 (Sun.) 0-4-9-9
Mid-day Cash 5 (Sun.) 17-25-29-31-32
Evening Cash 5 (Sun.) 5-6-7-27-33
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Local

Coroner Describes Love's Injuries

Charlottesville, Va.

A forensic pathologist has testified at the murder trial of a former University of Virginia lacrosse player, describing potentially lethal injuries and signs of smothering to his ex-girlfriend.

Dr. William Gormley testified Monday at the trial of George Huguely V, who is accused in the May 2010 slaying of 22-year-old Yeardeley Love.

Gormley conducted the autopsy on the suburban Baltimore woman and described a series of bruises on her body and face.

He also said she had physical injuries consistent with smothering but did not die from that. Gormley has ruled Love's death the result of blunt force trauma.

Gormley's prosecution testimony counters a police statement Huguely made hours after Love was found dead. (AP)

In Brief

WASHINGTON

Charter School Numbers Up 8 Percent in District

Enrollment in District of Columbia charter schools is up 8 percent over last year. Meanwhile, enrollment in traditional public schools is down slightly. The District's Office of the State Superintendent for Education released the enrollment figures Monday. There are now more than 31,000 students in the District's charter schools. That's 41 percent of the District's total public school enrollment. (AP)

WASHINGTON

Report: Metro Spending \$51M on Consultants

A newspaper report says Metro is paying more than \$51 million to consultants to help run the transit agency better. The Washington Examiner, citing data obtained through a public records request, says Metro is spending \$51.9 million on current consulting contracts with 18 different companies. Metro spokesman Dan Stessel says the figure represents about 2 percent of the agency's budget for fiscal year 2012. (AP)

WASHINGTON

Protesters Hang Banner From Memorial Bridge

Several protesters who rappelled from the Arlington Memorial Bridge and unfurled a banner Monday morning were arrested by police, authorities said. Protesters were on top of the bridge and hanging from ropes at about 10:30 a.m., according to Park Police Spokesman David Schlosser. D.C. Police tweeted that three were in custody, and that the black-and-white sign read "Free Tibet." (AP)



A sign partially reading, "Tibet Will Be Free," hangs on the Memorial Bridge.



Love Is Back in the Air

Paper hearts are welcome again at a Frederick County, Md., elementary school after parents protested a ban on Valentine's Day cards. Walkersville Elementary School announced Monday that students can exchange valentines as long as no food or candy is attached. Officials dropped the celebration last year to avoid what Principal Stephanie Brown called "inappropriate interactions between boys and girls." (AP)

Cover Story

Internet deals
help couples
make sure there
is no love lost

married... with coupons

Washington

Like many married couples, Howie and Rachel Schaffer know they should go out more. *Go out* go out, just the two of them. They even set a goal, pledging at least one date night a month soon after their second son was born four years ago.

Ha, ha.

"It's just really hard to make it happen," said Rachel Schaffer, 42, of Takoma Park. The one-a-month goal was routinely ignored in the face of jam-packed family routines, baby sitters who are both expensive and elusive and the sheer rush of life with two boys under 10.

But in recent months, the Schaffers have found an unexpected boost to their efforts to have more conversations over a tablecloth you aren't allowed to color on. Groupon, LivingSocial and other Internet-based dealmakers, with their steep discounts and use-it-or-lose-it deadlines, have helped the Schaffers overcome date-night inertia.

"They've definitely got us going out more often, which hasn't been a net benefit financially but has been beneficial for us as a couple," said Howie Schaffer, 43, a management consultant, of his file folder of Internet coupons. "With so many things keeping you from doing it on a regular basis, Groupons have given

us a regular rationale."

Online voucher deals have exploded in recent years, with companies offering subscribers a chance to purchase discounts on such indulgences as meals and massages. Now a trend that started with the young, single and socially networked has emerged as a useful tool for harried marrieds, spurring them to address one of the most common, and most ignored, bits of good-relationship advice: Carve out some time alone.

Greg Jones, a couples' therapist in the District, has long counseled just about every pair he sees to make room for quality "couple time" amid the chores of daily life, often to no avail. That has changed for some of his bargain-hunting clients.

"I began to see it about two years

Proven Deal

The University of Virginia's National Marriage Project released a study last week showing that couples who go out together at least once a week are about three times more likely to report being "very happy" in their relationships, compared with spouses who spend less couple time together. They have better sex lives, too, and are less likely to get divorced. The together time doesn't have to be in a trendy restaurant, said study co-author W. Brad Wilcox. As long as you are focused as much on your spouse as you are on your kids, your job or your iPhone games, it counts. "We're talking about talking to each other face to face," Wilcox said. (TWP)



ago," said Jones. "People get stuck in their routines, but then they start getting these daily emails from Groupon and LivingSocial with suggestions about restaurants and weekend getaways that are sparking their interest."

Jones includes a deal-of-the-day thread in his counseling, sending along offers he thinks might strike a chord. He has seen clients shake off years of take-out-Chinese lethargy, not just with nights on the town but with discounted skydiving or hot-air balloon trips.

Groupon and LivingSocial say they don't have data on how many of their buyers are married couples. (LivingSocial is headed by Tim O'Shaughnessy, the son-in-law of Washington Post Co. Chairman Donald E. Graham.)

"Most of these are date nights. Let's hope they are dates with their spouses."

— JIM MCCARTHY, CEO AND CO-FOUNDER OF GOLDSTAR, AN ONLINE DISCOUNTER OF PLAYS AND OTHER LIVE EVENTS. SIXTY PERCENT OF HIS MORE-THAN 2 MILLION SUBSCRIBERS ARE MARRIED, AND THE MAJORITY OF TICKETS ARE BOUGHT IN PAIRS.

But Groupon spokeswoman Julie Mossler said the date-night trend has emerged as a clear favorite among users, with dozens of emails from relieved spouses taped to the wall of the customer service office of the company's Chicago headquarters.

"We've got some really heartfelt ones, people writing to say Groupon helped save my marriage," Mossler said.

Some restaurants have noticed the date-night effect. During a recent voucher offering at Kincaid's on Pennsylvania Avenue, waiter Tom Kahoe noted how many redeeming the certificate were couples who seemed to be enjoying a rare treat.

"They would say how it was so nice be taken care of and just how happy they were to be out," Kahoe said. He remembers one woman who asked for a dessert recommendation that would travel well.

"I suggested the chocolate dacquoise and she said, 'Perfect. I want to take it home to the baby sitter.'" STEVE HENDRIX

(THE WASHINGTON POST)

EXPRESS ILLUSTRATION

Sports

In Brief



Cuba's Yoenis Cespedes has agreed to a four-year, \$36 million deal with the A's.

PRO BASEBALL

A's Land Cuban Defector

Cuban defector Yoenis Cespedes and the Oakland Athletics have agreed to a \$36 million, four-year contract. Agent Adam Katz confirmed Monday the outfielder had reached agreement on a deal, with details still to be finalized. This is a significant move for Oakland, which wanted to add a steady hitter. (AP)

PRO BASEBALL

Ortiz, Sox Agree on Deal

David Ortiz and the Boston Red Sox avoided salary arbitration by agreeing Monday to a one-year contract worth \$14,575,000. The deal for the slugging designated hitter was midway between the \$16.5 million he asked for last month and the \$12.65 million submitted by the Red Sox, which matched his 2011 earnings. (AP)

COLLEGE SPORTS

CAA Strikes TV Contract

The Colonial Athletic Association and NBC Sports Group have agreed to a five-year television contract that the league says will give it more television exposure than ever in football and men's basketball. The deal goes into effect for the 2012-13 season. (AP)

COLLEGE SPORTS

New Conference Coming

Members of Conference USA and current and future members of the Mountain West are on their way to forming a new conference that will begin in 2013. The new conference will likely include 18-24 schools, be split into divisions and not only have a football championship game but also semifinal games, and will hold a conference basketball tournament. (AP)

Flight School

O'Brien's departure adds to the long list of players to leave UMd. under Edsall

Terps Football

The Maryland Terrapins had less than three days to revel in some much-needed good vibes before another gut punch arrived on Monday morning.

Quarterback Danny O'Brien, once the face of the program and the right arm that carried its hopes for the future, will transfer and could be on the field for another school this fall. The team announced O'Brien's departure, as well as the departures of offensive tackle Max Garcia and linebacker Mario Rowson, both starters last season, in a statement Monday.

"I'm disappointed by Danny's decision," coach Randy Edsall said in the statement. "Danny told me that he's not committed to our program, that he's not 'all in.'"

At least a dozen players with eligibility remaining have announced plans to leave the team since the end of Maryland's 2-10 season, its first under Edsall, in November.

The latest defections blot out the afterglow of Friday night's coup, when Good Counsel's Stefon Diggs, a consensus top 10 recruit nationally, committed to the Terrapins during a raucous event at a College Park bar.

O'Brien is on pace to graduate this spring and could enroll at another school as a graduate student and play immediately. His leaving, however, may be more of a public relations blow than a



DANNY O'BRIEN, the 2010 ACC rookie of the year, played in nine games last season and threw for 1,648 yards with seven TDs and 10 INTs. If O'Brien graduates from Maryland in the spring, he can transfer to another FBS school and play immediately. Sources told the Washington Post that O'Brien is prohibited by Maryland from going to Vanderbilt, which is coached by ex-Terps assistant James Franklin.



Offensive lineman **MAX GARCIA**, a sophomore, started all 12 games at left tackle in 2011. He played in just two games as a true freshman in 2010. Homesickness was cited for his departure from College Park.



Linebacker **MARIO ROWSON** played in 11 games, including four starts, as a redshirt freshman in 2011. He posted 27 tackles, including three tackles for loss and one sack. He wanted to play defensive back, but the Terps saw him further up in the defensive set. (TWP)

Coming to UMd.



Stefon Diggs, a prized recruit, announced last week that he would commit to Maryland over Florida, Ohio State

and Auburn. Diggs, who is expected to play receiver for the Terps, has gained a reputation at Good Counsel as being the type of player who does things on his own time. On the field, he is sublimely fast. Off the field, he can be mercurial. Diggs' announcement came after days of speculation and rumor, partly fueled by Diggs himself via Twitter. (rwp)

death knell for the 2012 season. The ACC rookie of the year as a freshman, O'Brien never fit in to the Terrapins' fast-paced offense last season and was benched in favor of the more athletic C.J. Brown.

But the Terrapins replaced their offensive and defensive coordinators, and there was hope in some circles that O'Brien would be a better fit under new coordinator Mike Locksley, who said he'll run a pro-style offense with some elements similar to last year's spread attack.

The hiring of Locksley, a highly regarded recruiter, has paid dividends early. Maryland's incoming class is ranked 35th nationally by multiple recruiting services. The perception of the program, at a low point only months earlier, had begun trending upward.

Then came Monday's news. Now Edsall must again combat the view from the outside that Maryland is a place players want to flee. He has spent much of the off-season trying to soften his reputation as an unreasonable disciplinarian and an iron-fisted overseer.

"Our primary mission is making our players the best students, the best athletes and the best individuals they can be," Edsall said. "Spring practice opens March 10. All of the coaches and players are counting the days until we get back on the field. We have a lot to prove in 2012." DEREK TURNER

Sports

Clock Is Ticking On Zimmerman

If Nats want to lock up franchise player, this week may be key

The Nationals

Third baseman Ryan Zimmerman has long been optimistic he and the Nationals will reach a deal that will keep him in Washington for the rest of his career. If it happens, the coming week could be a critical time.

With six days remaining until pitchers and catchers report, there have been no new developments between the Nationals and Zimmerman regarding a contract extension, a person familiar with the situation said. Zimmerman has not changed his stance of making the start of spring training an informal deadline to table contract discussions, which he imposed to ensure business would not distract him or his teammates from baseball.

"I think it's unfair to my teammates for that to garner any attention during the season," Zimmerman said last month. "Once spring training comes, it's time for us to play baseball."

That makes now a crucial period for the Nationals to lock up the face of their franchise. Zimmerman's current contract runs out after the 2013 season, and he has said he will almost certainly test free

Ups and Downs



Ryan Zimmerman, at 27, has become one of the brightest talents in baseball. He's hit .296/.370/.499 over

the past three seasons while playing perhaps the best defensive third base in the majors. Injuries, though, have muddled his ascension. He missed 60 games last season because of a torn abdominal muscle, which required surgery in May. He also missed 20 games in 2010, and nearly 60 in 2008 because of a shoulder injury. (TWP)

agency if he does not have a contract extension heading into that season. If they can't get a deal by spring training, next winter would seemingly become the only negotiating window remaining.

While there has not been any recent progress, an extension happening this week still seems possible. The sides have been in communication since last year, and the Nationals know exactly what it would take for a deal to happen. Zimmerman has cited a strong relationship with General Manager Mike Rizzo as one reason he believes he'll stay with the Nationals long-term. ADAM KILGORE

(THE WASHINGTON POST)

TV Lineup

WIZARDS (10 P.M., CSN) The Wizards try to make it two-straight road wins when they visit the Portland Trail Blazers.

MEN'S COLLEGE HOOPS (7 P.M., ESPN, ESPN2; 9 P.M., ESPN2)

Alabama hosts Florida in an SEC game; Texas Tech battles Big 12 rival Texas A&M and then Minnesota takes on Big Ten powerhouse Ohio State.

MASON HOOPS (9 P.M., CSN+) In the first ever CAA game involving two Final Four schools, George Mason tips off against Virginia Commonwealth.

PRO HOCKEY (7:30 P.M., NBCSN)

The Anaheim Ducks travel to Minnesota to face the Wild.

SOCCER (2:30 P.M., CSN) Lyon hosts APOEL Nicosia in a Champions League match.

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Tiger Has a Ways to Go

Final-round collapse shows Woods' game isn't all the way back

Golf

Tiger Woods keeps saying his game is close.

Standing on the 18th green at Pebble Beach, he never looked so far away.

With the red sleeves from his shirt sticking out from a black vest, Woods could only watch Sunday as Phil Mickelson made one more birdie putt for an 8-under 64, the final touch of a six-shot comeback to win the Pebble Beach National Pro-Am.

The white scoreboard behind the 18th green was telling.

The first stunner was seeing Mickelson go from a six-shot deficit to a two-shot lead in just six holes. Then he poured it on with a magnificent shot into 2 feet for birdie on the 13th and an aggressive play on the 14th for another one.

Equally shocking was Woods.

He three-putted for par and a 75, a whopping 11 shots worse



A Sputtering Putter

Tiger Woods attributed his problems on Sunday to only one club in his bag — the putter. The putting carried him to a 67 at Pebble Beach in the third round, giving him a chance to win for the first time since Sept. 13, 2009, on the PGA Tour. It let him down Sunday, when he missed five putts from under 5 feet. "I couldn't get the putter to swing," Woods said. "I just could not get comfortable."

"I love playing with him, and he brings out some of my best golf."

— **PHIL MICKELSON**, WHO ADMITS THAT HE'S INSPIRED TO PLAY BETTER GOLF WHEN PAIRED WITH TIGER WOODS — ESPECIALLY DURING THE FINAL ROUND OF A TOURNAMENT.

than Mickelson. Only four other players had a higher score than Woods in the final round, none of whom started the day within range of the leader.

Woods was two shots out of the lead when he walked off the sixth green and then bogeyed the next three holes.

The two biggest names in golf played together in the second-to-last group, both feeling as though they were close to breaking through, both needed a dramatic charge at Pebble Beach.

That player turned out to be Mickelson.

In a big way.

"To put it together this week, and especially the final round, just feels terrific," said Mickelson, had not won since the Houston Open last year and had fallen out of the top 10 in the world. "And it gives me a lot of confidence but also inspires me. Because I believe now that what I'm doing is correct, and that I'm able to play some of my best golf."

DOUG FERGUSON (AP)

Moss Plans Return to the NFL

Pro Football

Randy Moss once said, "I play when I want to play."

Six months after retiring, the veteran NFL wide receiver wants to play again.

Moss announced on a webchat Monday — his 35th birthday — that he's planning a comeback.

His agent, Joel Segal, wouldn't go into his client's available options.

"Randy and I have discussed it," Segal said of Moss coming out of retirement. "He still has his fire, and he's looking forward to playing football. He's excited."

It's now up to NFL teams to decide whether they want to take a chance on the six-time Pro Bowl-

Backstory



Randy Moss retired last August, compiling 14,858 receiving yards and 153 touchdowns in 13 seasons. He last

played in 2010, when he had career lows of 28 catches for 393 yards. That year, he was traded by the New England Patriots to the Minnesota Vikings before finishing the season with Tennessee. His record 23 TD catches in 2007 helped the Patriots reach the Super Bowl. (AP)

er. Former Patriots teammate Tom Brady has said he'd like to throw to Moss again. (AP)



STARDOM

What a Week

Jeremy Lin has helped drive shares in his boss, Madison Square Garden Co., to a record high and produced the NBA's best-selling jersey just over a week after he rose from a substitute at the end of the New York Knicks' bench to an overnight sensation. He was named the NBA's player of the week on Monday. (BLOOMBERG)

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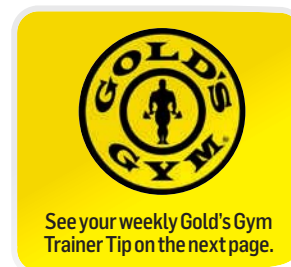


fit



Guinea Pig | Crystal Method

Pills make you swallow. Powders require a glass of water. But alternaVites (\$30 for 30-day supply, Alternavites.com) just ask you to stick out your tongue. The packs are sort of like Pixy Stix, but instead of getting sweet candy, you consume 4 grams of a sugar-free crystalized vitamin mix. So don't dump the whole thing out at once—that mistake led our testers to choke and cough. A sprinkle at a time went down more smoothly, albeit with a chalky aftertaste.



Wall Squats

SARAH WEST, RESULTS
(RESULTSTHEGYM.COM)

The move: Place a fitness ball on a wall just behind your tailbone. Standing with your feet shoulder-width apart; roll the ball down the wall until you're seated.

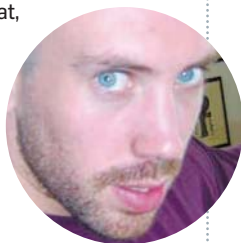


The attraction: For sports that require you to be able to hold a squat, such as skiing, this will give your quads and core the prep they need. West has beginners just roll up and down. She ups the challenge by asking clients to remain in the seated position for 15 seconds every third rep. "I'll say, 'Grab a ball and wall space,' and they groan," she says. "It never seems to get easier."

Burpees

DUNCAN ALDOUS, WASHINGTON SPORTS CLUBS
(MYSPORTSCLUBS.COM)

The move: Squat, put your hands on the ground, and shoot your feet out behind you so you're in plank. Then do a push-up, hop back into a squat, stand up and jump.



The Attraction: You don't need equipment (or much space) to perform this heart-rate raiser. And it can be scaled down by removing the jumps or ramped up by adding a weight vest. It wasn't quite love at first sight when Aldous learned to do burpees as part of his high school's rugby conditioning program, but that's precisely why they're a good fit for clients. "You come to see me to take yourself out of your comfort zone," he says. "Burpees do that."

Love Hurts



If you're looking for a relationship that you'll feel down to your core this Valentine's Day, try the gym. We asked area trainers to reveal the exercises they love and to suggest ways to get these moves into your life. Some dates may be challenging, but you sure won't forget them the next day.

VICKY HALLETT (EXPRESS)

Thrusters

CHAD RAYMOND, CRUNCH GYM (CRUNCH.COM)

The move: Holding a pair of dumbbells at shoulder height, squat down. As you stand back up, press the weights above your head.

The attraction: It's a full-body movement, which means you're able to lift heavier weights than you'd be able to with your upper body alone. "When I walk up to female clients with 15-pound dumbbells, I'll say, 'Just try it.' I prove to them that they can do it, and they feel good about themselves," Raymond says. Sometimes he'll vary it by using a medicine ball or kettlebell, or do it while standing on a Bosu ball to add a balance challenge.



Partner Push-ups

KEN CLARKE, FITNESS TOGETHER
(FITNESSTOGETHER.COM)

The move: Perform push-ups while facing a partner. Every time you push up, lift a hand and clap with your partner. Repeat, switching sides each rep, until one partner can't do any more.



The Attraction: There's no better incentive than competition. "You most definitely do more because of that motivation from the other person," Clarke says. Depending on your skill level, you can do the push-ups on your toes or knees. Or, lift one leg to make it harder.

Forearm Side Plank

MARISKA BRELAND, FUSE PILATES
(FUSEPILATES.COM)

The move: Lie down on your side, propped up on your forearm with your palm up. Then push your body into the air, so you're resting on just your forearm and the side of your foot.



The attraction: By performing the move on your forearm rather than your palm, it becomes a more attainable exercise that's not so hard on the wrist. Having the palm up opens the chest more, Breland adds. When you're comfortable, she suggests lifting the top leg, kicking it forward with your foot flexed and back with it pointed. "I felt really accomplished when I could do that without falling over," she says. Feeling unstable? Try it with your bottom leg bent, so your shin's on the floor, too.

Meet The Trainer

Daneal Jenkins

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Daneal is a specialist in cardiovascular endurance and conditioning. Whether you're training for a marathon or just trying to lose weight, Daneal's dynamic cardio plan can help you reach your goal. And when you do work out with Daneal, expect plenty of high fives, his signature sign of respect and appreciation. Daneal holds a degree in Sports Science and Fitness Management from North Carolina A&T University.

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To schedule an appointment with Daneal or another Gold's trainer, come to a Gold's Gym location near you or visit our website.



Trainer Tip of the Week

Working out with your significant other can be a great way to form a stronger connection, both mentally and physically. This Valentine's Day, pass on the chocolates and spice up your relationship by scheduling a couples training session with me instead.

 **GoldsGym.com**

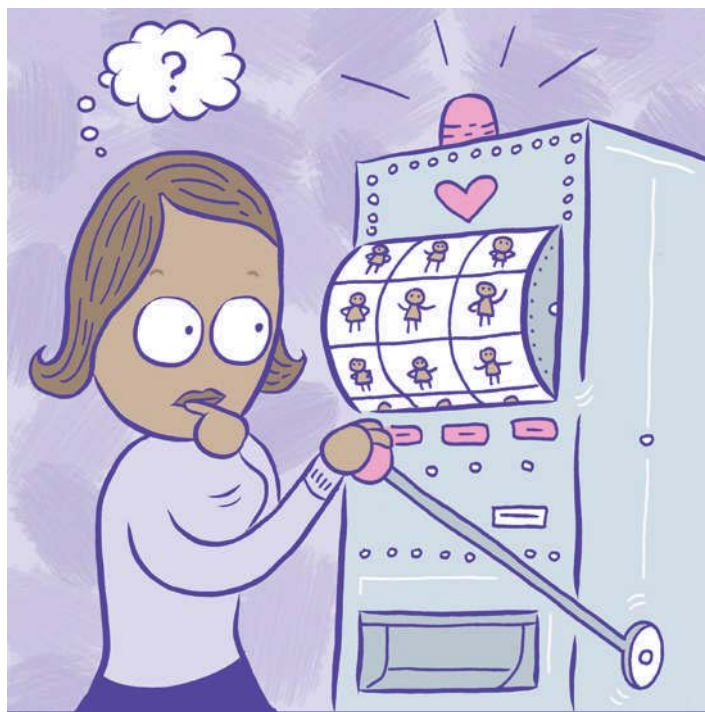
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Marrying You, Not Your Father

Q My fiancé and I are supposed to be married in May. Throughout our wedding planning, he's mentioned that he would like my father's blessing, since my dad and I are close. My father has made several comments to show his disapproval of the relationship. Lately, my fiancé has been saying things like, "Maybe we should wait." I'm getting fed up with him trying to please my father, because it is making me wary of the whole wedding. **STRESSED BRIDE**

Ay yi yi. With all due respect, this is what happens when wedding planning gets in the way of marriage planning. If your fiancé's decision to marry you is contingent on your dad's approval, then he shouldn't have decided to marry you without said approval. Same for you.

And the fact that you're growing wary of your wedding for something that should have been worked through beforehand makes me think that this entire thing has been too hasty. I know, I know — you've already sunk a ton on that photographer deposit. But please take a step back and see a counselor. The stress of postponing a wedding is nothing compared to the pain of undoing a marriage.

Keep on Falling Out of Love

Q I'm 27 and having trouble finding what I really like in a guy. I can enjoy a guy's company, and everything goes great for a short while, and then I seem to lose interest or get bored. I always find an issue and quickly let my feelings fade. Maybe I'm just infatuated with people and it's not that I'm truly interested in them. I'm starting to think that I'm in love with being loved. **IN LOVE WITH LOVE**

I can't tell whether it's really that you're in love with love or whether you're bored with being loved. Are there patterns in the personalities of those you go for or in what you start to find wrong with them?

It could be that you have problems opening yourself up, and so the relationship stays superficial and stalls when emotional intimacy doesn't enter the equation. Or it

could be that the chase is far more attractive than the mundane day-to-day details of a relationship. My guess is that you might be dating for the sake of dating, instead of focusing on fully living your life. If you load up on things you're passionate about (hobbies, travel, volunteering), then guys you meet along the way are much more likely to be a true match.



By Dr. Andrea Bonior

@ Send your questions to Dr. Andrea Bonior at baggage@readexpress.com. Andrea is a local clinical psychologist and author of the book "The Friendship Fix" (friendshipfix.com).

Event Horizon Outside Chance

Winter's finally here, but it won't be staying around much longer. So prepare for spring at the Be Fit McLean Outdoor Adventure Expo at the McLean Community Center (1234 Ingle-side Ave., McLean, Va.) on Saturday from 10 a.m. to 4 p.m. At the free event, you can get info from exhibitors including the National Park Service, Quantico Orienteering Club, Go Ape and more. Sponsor REI will be helping with a Dutch oven cook-off.

phys ed fit



Ball girl Kelly McDonald gets one of the best views during any Nationals game.

COURTESY KELLY McDONALD

A Diamond's Best Friend

Hone your stamina, speed and skills to make the cut as a Nationals ball girl

If you start running around on the field during a Nationals game — and you're not actually a player — you're probably going to get arrested. That is, unless you're one of the ball girls. The veteran in Washington is 28-year-old Kelly McDonald, who's entering her fourth season with the team. With auditions coming up (see box), she shared her tips on how to knock it out of the park.

Play Catch. There's no rule that you need to have baseball experience. But if you want to be in the major leagues, it helps to be familiar with the game, the rules and, of course, catching. "If there's any way to go out and throw a ball with a friend, do it," says McDonald, who plays on a softball team.

Run for It. Not only do ball girls have to go after foul balls (and hand them to kids), but they also need to dash between the bullpen and the dugout to get the pitcher's jacket every time there's a pitching change. And on hot summer days, that can translate into a lot of sweaty sprint-

Your Pitch

Think you're ball girl material? Send a recent head shot, cover letter and resume to Entertainment@nationals.com by Feb. 21. Finalists will be invited to come to tryouts at Nationals Park on Feb. 25. Candidates must be at least 18 years old, live in the D.C. area and be willing to work early mornings, late nights, weekends and holidays. v.h.

ing. McDonald, who was on her high school track team, still runs regularly to stay in shape.

Make Your Move. Every time a ball has hurtled toward her head, McDonald's been able to jump out of the way to avoid it. She credits her agility to taking hip-hop cardio classes.

Be a Brainiac. A key part of the paid gig is knowing what's fair and what's foul. But even if you've studied up on your rules, you have to remember to keep your head in the game. "There's a lot of mental focus required because you have to pay attention to every pitch that's thrown," she says. McDonald always makes sure she gets plenty of sleep and a protein bar before that first pitch. VICKY HALLETT (EXPRESS)

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HEARTY & SWEET



How eating chocolate
can boost your health

Study after study proves that dark chocolate is good for more than curing a broken heart. The secret behind its powerful punch is cacao, also the source of the sweet's distinct taste. Packed with healthy chemicals such as flavonoids and theobromine, this little bean is a disease hunter. The only problem: Cacao on its own is bitter, chalky, nasty stuff. Enter milk, sugar and butter — good for your taste buds but not good for the rest of you. So stick to chocolate with at least 70 percent cacao, and limit yourself to 7 ounces a week.

A Healthier Heart: In a nine-year Swedish study of more than 31,000 women, those who ate one or two servings of dark chocolate each week cut their risk for heart failure by as much as a third. Wish that was a serving each day? Another big, long-term study in Germany this year found that about a square of dark chocolate a day lowered blood pressure and reduced the risk of heart attack and stroke by 39 percent.

Stronger Gray Matter: Next time you're under pressure on a work project, don't feel so guilty about grabbing a dark chocolate bar from the vending machine. A University of Nottingham researcher found that drinking cocoa rich in flavonols boosts blood flow to key parts of the brain for two to three hours, which could improve performance and alertness in the short term.

Sunblock in a Bar: London researchers recently tested chocolate flavonols' sun-protecting prowess. After three months eating chocolate with high levels of flavonols, their study subjects' skin took twice as long to develop that reddening effect that indicates the beginning of a burn. (Subjects who ate conventional low-flavonol chocolate didn't get the same sun protection.)



A Tasty Alternative to Imodium: Scientists at the Children's Hospital Oakland Research Institute challenged chocolate's efficacy as a remedy for diarrhea. Both South American and European cultures have a history that dates back to the 16th century of treating Montezuma's revenge with cocoa. Modern-day science has shown they were on to something. The Oakland study found that cocoa flavonoids bind to a protein that regulates fluid secretion in the small intestine, potentially stopping the trots in their tracks. (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)

The Eyes Have It

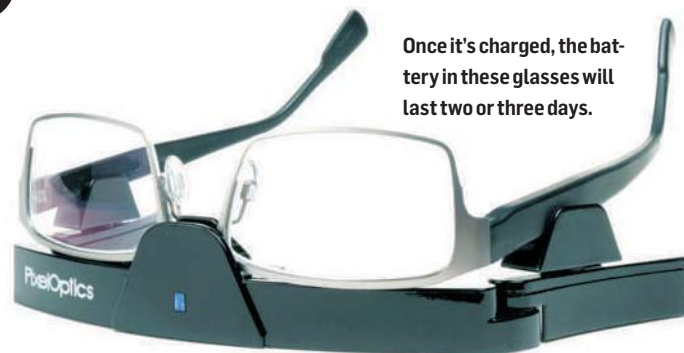
Electronic glasses might alter your perspective on what lenses are capable of

Right now, you're reading. So if you wear bifocals or progressives, you're probably pleased that your lens includes an area devoted to letting you do that. But what about when you walked down the escalator on the way into the Metro? Looking down at your feet, you probably saw only a blur.

That's the problem with giving one lens multiple jobs. And that's why PixelOptics, a Roanoke, Va.-based company, decided to develop a solution: "emPower!," the first electronic eyewear. Instead of having the reading area on the lens all of the time, these glasses use liquid crystals to allow you to turn it on and off with a tap to your temple.

"This is as big as the invention of progressives. It's the future of optics beyond a shadow of a doubt," says optician Allen Cleveland, who works at Old Town's Brahm & Powell Guild Opticians, one of the first places in the area to offer the new-fangled eyewear (see box).

Cleveland suspects they'll be most popular initially among tech geeks and athletes — golf players, he notes, often have trouble playing in progressives. But there's no reason a Luddite wouldn't be able to wear them, too. Beyond remembering to charge them occasionally (a full battery lasts two or three days), there isn't much that wearers have



Once it's charged, the battery in these glasses will last two or three days.

"This is as big as the invention of progressives. It's the future of optics beyond a shadow of a doubt."

— ALLEN CLEVELAND, AN OPTICIAN
AT BRAHM & POWELL GUILD OPTICIANS IN
OLD TOWN ALEXANDRIA.

to do to make them work.

Don't want to touch the power switch? Just keep them on automatic mode, and the reading area will turn on whenever you tilt your head to an angle that suggests you're looking at text. The glasses have a built-in accelerometer, which is the same technology that lets an iPad know which way you're holding it.

But unlike flashier gadgets, emPower! glasses try to stay incognito. "Technically, nobody would know you have them," Cleveland says. All of the 36 current frame options are wide at the temples to accommodate the electronics, but there are a range of looks, and none

of them appears all that different from other frames.

Tom Killam, of Alexandria, was one of the first customers to order emPower! glasses from Brahm & Powell. When his pair arrives next week, he plans to ditch the progressives he's struggled with for the past year. "I'd worn them three times. I just can't get used to the blurriness when I look down," he says.

So, although the emPower! glasses are more expensive than typical eyewear (expect to pay \$1,200 or more), Killam hopes his investment means the future is clear. VICKY HALLETT (EXPRESS)

Event Horizon

Lens Contact

Representatives from PixelOptics will be doing demos and answering questions about emPower! technology at an open house at Brahm & Powell (113 N. Washington St., Alexandria; 703-549-2828, brahmpowell.com) on Thursday from 6 to 7 p.m.

Stethoscope

ATHLETICS

An Unhealthy Record

So you don't have a Super Bowl ring — or a supermodel wife. But being a professional football player isn't all it's cracked up to be, according to a new study in the American Journal of Cardiology. Researchers tracked the health of more than 3,400 former NFL players and found that the largest men (defensive linemen, in particular) had a higher risk of death from heart disease or stroke than U.S. men in general.

OBESITY

I'd Like Less, Please

What if restaurants let you downsize your meal instead of supersizing it? When Harvard Business School had waiters at a Chinese fast-food restaurant offer customers half portions of rice or noodles (sometimes for a discount, but other times for the same price), 14 to 33 percent of them went for it. The report, published in Health Affairs, found that the smaller portions cut an average of more than 200 calories from each meal.



Move to the aisle seat and get up often for better circulation on flights.

CARDIOLOGY

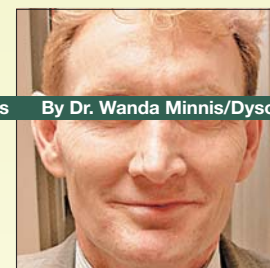
Good View, Bad for You

First-class passengers get offered bubbly, while economy-class passengers get bubkes. But no matter which section you're sitting in during a flight, you up your chances for dangerous blood clots (known as deep venous thrombosis, or DVT) if you pick a window seat. That's why the American College of Chest Physicians is now warning the public to be aware that a good view has its drawbacks — namely, that you'll be too reluctant to tell your seatmate to get up so you can move around. It's recommended that those at higher risk for DVT frequently stretch their calves and wear compression stockings.

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If you have had a stroke and experience difficulty speaking or if you are an adult without brain damage interested in participating, please contact Drs. Yasmeen Farooqi-Shah or Robert Slevc, at

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Sound Bets



CLAIRE STEFANI

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By
Christopher Porter

from the label represent it well: Giovanna Pessi/Susanna K. Wallumrød's "If Grief Could Wait," Tord Gustavsen Quartet's "The Well," Jon Balke/Batagraf's "Say and Play" and Tim Berne's "Snakeoil."

The first three albums are by artists who feel ECM to the core: cerebral, quietly dynamic, European. But Berne, above, is an animated American known for his love of free improv, noisy funk and twisty compositions. The 57-year-old saxophonist is also a DIY beacon, releasing copious amounts of great music via his own Screwgun label.

On "Snakeoil," Berne plays more into ECM's chamber-jazz aesthetic, albeit with his usual tonal edginess. But Eicher's force pulls even the most idiosyncratic artists into his orbit.

• **Tim Berne's Snakeoil** plays *Bohemian Caverns*, 2001 11th St. NW; Sun., 7 & 9 p.m., \$15; 202-299-0800, Bohemiancaverns.com. (U Street)

Civil rights lawyer Ayesha Matu, left, and human rights consultant Nura Maznavi, right, co-edited the book "Love, InshAllah."



COURTESY OF AYESHA MATTU AND NURA MAZNAVI

Behind the Burqa

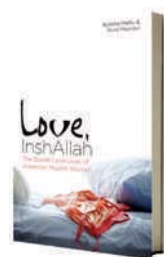
In 'Love, InshAllah,' Muslim American women tell their own love (and sex) stories

Books

Najva Sol remembers her anxiety three years ago when she arranged to meet her mother and father in a Rockville coffee shop to reveal a truth she had been keeping from them. She knew what she was going to say; she'd rehearsed her speech. But to her surprise, the then 21-year-old Muslim American discovered her parents already knew it all.

They knew "about the drugs and

the booze and the girls and the boys, normal by America's MTV standards but not for an Iranian family that refuses to have a cable TV sully the living room."



Sol was growing up. "My childhood sex talk was, 'Don't do it.' This is where we left off, and here is where we picked it up again."

Sol — now making her mark in New York and San Francisco as a photographer, artist and performer — decided to publish her recollec-

tions in "Love, InshAllah" (\$15.95, Soft Skull Press), a collection of breathtakingly honest accounts of sex and romance by 25 American Muslim women willing to break with the Islamic tradition of keeping their love lives private. Twenty of the 25 stories in the collection, which comes out on Valentine's Day, carry the authors' real names.

"Love, InshAllah" is, in part, an exploration of the tensions that can exist between Muslim parents and their Americanized children. More importantly, it dispels an assumption that, as co-editor Nura Maznavi, 33, puts it, "Muslim women are either belly-dancing members of a harem, reduced to body parts that

Backstory

The Dating Divide

Some of the parents described in "Love, InshAllah" were religious and rule-based; others, not so much. Co-editor Nura Maznavi said her parents regularly prayed but did not restrict her social life. Perhaps that was because they didn't have to; the Muslim community in which her family lived insisted that dating was something young women didn't do. Even kissing was reserved for marriage. L.S.S.

someone else controls, or shrouded in black cloth with no desire and having no sex. The truth is that like all women, we feel and love and have heartbreak."

The result is a book that erases preconceptions of what it must be like to be a Muslim woman in this country, a book that strips off the traditional trappings of Islamic womanhood to expose the special strengths and vulnerabilities that lie beneath.

The idea for the book surfaced in a conversation between Maznavi, a civil rights attorney, and her co-editor, Ayesha Matu, a human rights consultant. They were chatting about the comedy "50 First Dates" and wondering what a similar movie about Muslim women would look like.

"In America, the word 'Muslim' can bring to mind politics and national security," Matu, 39, says. "We wanted to give people the opportunity to connect with us on a personal basis, to let them know we are more than just eyes behind a burqa." LAURA SESSIONS STEPP

(THE WASHINGTON POST)



Read Christopher's previous columns at: expressnightout.com/soundbets



A Screen Farewell: The musical drama "Sparkle," which features Whitney Houston's final movie role, will be released in theaters on Aug. 17, Rolling Stone reports. The film, a remake of the 1976 feature of the same name, features Houston as the mother of three sisters in a musical group who, upon finding fame, struggle with drugs. Houston also recorded several songs for the soundtrack, which was to be her comeback project. (EXPRESS)

entertainment **lookout**top
stops**1 Sweater Together**

Sure, it's tiny and plinky, but the ukulele is not a toy. Local rockers Sara Curtin and Maureen Andary have been reping the power of the uke for a few years now as the Sweater Set, though their take on the instrument has a bit more of a rock edge. They'll strum on the theme of love this Valentine's Day evening. **The Dunes, 1402 Meridian Place; 7:30 p.m., \$10; 202-436-9118, Thedunesdc.com. (Columbia Heights)**

2 More Ukuleles, More Romance

If you're doing it right, Valentine's Day should be a little freaky. Luckily, the "Be My Valentine ... Or Not" show at Red Palace is here to help. Performer Mab Just Mab hosts (with her ukulele) a night of entertainment that features burlesque shows by Cherokee Rose, Wham Bam Pam and Cherri Sweetbottom. Charlie Artful also brings his "sideshow talent," which could be anything and sounds pretty cool. **Red Palace, 1212 H St. NW; 8 p.m., \$8-\$16; 202-339-3201, Redpalacedc.com.**

3 Bitter Is Better

Bar Pilar is the place to grumble tonight — for a start, you can grumble about how the bar's building remodel isn't finished. But better than that, it'll be serving foods that emphasize sour and bitter flavors, to jibe with anti-Valentine's Day feelings and a soundtrack of breakup songs. People who denounce Valentine's Day annoy us (as do people who love it), but we love bitter cocktails too much to argue with this party. **Bar Pilar, 1833 14th St. NW; 5 p.m., free; 202-265-1751, Barpilar.com. (U Street)**

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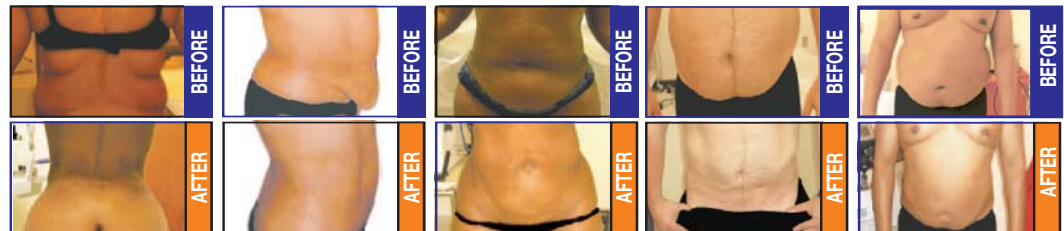
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**lookout** entertainment**Love, Actually, Will Find a Way**

'The Loving Story' tells of an illegal, mixed-race couple who changed history

Television

Mildred and Richard Loving, the Virginia couple who successfully fought the state's miscegenation laws all the way to a landmark Supreme Court decision in 1967, will forever be symbols of a civil-rights love story. He was white; she was a mix of black and American Indian. They grew up in Caroline County, southeast of Fredericksburg, and married in 1958. In 1959, they were arrested and jailed for being a mixed-race couple. The rest belongs to history and the law books.

It's interesting how much we can know the basic outline of such an event and yet not really know the participants. "The Loving Story," director Nancy Buirski's engaging HBO documentary (Tuesday, 9 p.m.), rescues the Lovings from the perfunctory realm of footnotes and newspaper clippings, and brings them into a more emotional light.

How did they meet? What were they like? What did she love about him? What did he love about her? How did they and their three children persevere as their case worked its way through appeals?

Buirski's film is greatly aided by seldom-seen archival material, most notably some 16mm reels shot in the 1960s by Hope Ryden and Abbot Mills. These are casual interviews with Mildred and Richard at home, filmed while the Loving children romp and frolic about. Ryden



GREY VILLET, SUPPLIED BY BARBARA VILLET

Mildred, left, and Richard Loving, right, were jailed in 1959 for getting married.

and Mills also filmed the Lovings going to and from their court dates in Richmond with their determined young attorneys.

"The Loving Story" also makes use of Life magazine photographer Grey Villet's beautiful trove of photographs, which provide fuller insights into just how simply the family lived.

"The Loving Story" sometimes feels rushed and dutiful. It gets distracted from matters of the heart, turning instead to the task of recounting Loving v. Virginia's journey to a courtroom climax.

Their story is a powerful statement about freedom. Present-day advocates for gay marriage frequently look to the Lovings' victory for a shot of the spirit, but the fact is, anyone could spend their Valentine's Day evening watching "The Loving Story" and come away with a renewed belief in love's resilience.

HANK STUEVER (THE WASHINGTON POST)

40M The number of viewers who tuned in for the Grammy Awards on CBS on Sunday night, according to preliminary Nielsen Co. figures. It's the show's largest audience since 1984 and beats 2011's viewership by 50 percent. The number also exceeds last year's Oscars telecast, which was seen by 37.6 million viewers. (AP)



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TV tonight **lookout**

Best Bets

FOX
8:00

Glee It's Valentine's Day, so Will has love songs on his mind, and he challenges the glee club members to come up with great romantic numbers. Rachel gets a visit from her two dads, Hiram (Jeff Goldblum, right) and LeRoy (Brian Stokes Mitchell).


HIST
9:00

Top Gear Adam Ferrara, Tanner Foust and Rutledge Wood are back for another season of this revered motor series, combining super-cars, extreme stunts, car reviews and celebrity interviews.

FX
10:00


Justified You! Step away from the kidney! When Dewey Crowe (Damon Herriman, left) becomes the target of a gang of organ harvesters, Raylan (Timothy Olyphant) races against the clock to save him. Boyd (Walton Goggins) faces off with a new nemesis. (TRIBUNE MEDIA)


COUGAR TOWN

A Valentine's Proposal

ABC
8:30

"Cougar Town" finally returns from hiatus — almost nine months after Season 2's finale aired. In the Season 3 premiere, Grayson (Josh Hopkins, right) has an important question for Jules (Courteney Cox, left). Ellie (Christa Miller) worries about little Stan's (Sawyer Ever) behavior. And Bobby (Brian Van Holt) disrupts Travis' (Dan Byrd) enjoyment of his new off-campus living arrangement. (TM)

Adorkable



Love's Games

On "New Girl" (9 p.m., Fox), Jess (Zoey Deschanel, above) wants to spend her first single Valentine's Day having a no-strings fling with a handsome stranger, so she asks Schmidt to be her wingman. Nick is spending more time with his girlfriend's assistant than with her. And Shelby invites Winston over for the holiday. (TM)

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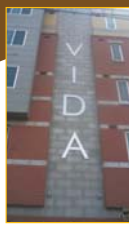
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“The only plant I worry about at Valentine’s Day is lilies in Valentine’s Day bouquets. If lilies are ingested by cats, they can cause kidney failure, which can be fatal. You can have lilies or cats, but not both!”

—**SHAWN FINCH** at Lifewithdogs. TV offers some advice for pet owners who may be receiving gifts on Valentine’s Day.

“Amazing [that] you have 15,000 people in D.C. willing to pay \$300+ to see Madonna, to the point of adding another show.”

—**@ANGRYBLKMANDC** was stunned to hear that Madge’s Sept. 23 show at Verizon Center sold out in just hours on Monday morning.

“I’m not even sure this comment qualifies as ‘racist’ so much as just, ‘what [on Earth] are you talking about?’-ist.”

—**CRAZEBASE.COM** thought pundit Ann Coulter’s comparison at a CPAC speech—in which she said “voters with 40 years of politically correct education are ecstatic to have the first black president; they just love the idea of it. Even if we did get Flavor Flav instead of Thomas Sowell” — was absurd.

“Chandler and Monica talk about global warming for a half hour. RT@nprnews An NPR sitcom?”

—**@LIBYALIBERTY** thinks that a rumored sitcom starring Mike Vogel — who plays a loose partying blogger forced to change his career plans when he becomes an NPR radio host — would be boring.

“After Nicki Minaj’s provocative performance at this year’s Grammys, it seemed like only a matter of time before the star found herself in the crosshairs of the Catholic League.”

—**SIMON MCCORMACK** at Huffingtonpost.com wasn’t surprised to hear that the group issued a press released titled “Is Nicki Minaj Possessed?” after she walked the red carpet with a man wearing papal vestments and then performed the song “Roman Holiday” at the Grammys in a show that featured various religious themes.

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puzzles lookout

Horoscope

AQUARIUS (Jan. 20-Feb. 18)

They say there is such a thing as too much of a good thing, but today you'll be hard-pressed to prove it true. Enjoyment reigns.

PISCES (Feb. 19-March 20) You'll want to present your ideas in such a way that further explanation is not necessary. It will be time to get to work very soon.

ARIES (March 21-April 19) You can get great results today doing only a very little—but it must be just the right little if you want to score the desired victory.

TAURUS (April 20-May 20) You may feel like you are being somehow left out, but you'll realize by day's end that you're actually in quite good company.

GEMINI (May 21-June 20) You're not likely to reach the desired goal exactly as you had planned, but if you keep an open mind, you can surely win the day.

CANCER (June 21-July 22) What you see before you today, on more than one occasion, is likely to take you very much by surprise—and teach you a thing or two.

LEO (July 23-Aug. 22) You will be presented with an option today that may seem to be too good to be true—but you'll have a very good reason to explore it fully.

VIRGO (Aug. 23-Sept. 22) Whether you are met with success or failure today, the results of your effort will be yours alone to claim.

LIBRA (Sept. 23-Oct. 22) You may be able to take charge of something that isn't going the way you had hoped. This is your chance to make things right.

SCORPIO (Oct. 23-Nov. 21) You'll be able to uncover some information today that proves essential to a project you have been working on for some time.

SAGITTARIUS (Nov. 22-Dec. 21)

Why spend time or energy doing something you know cannot—and will not—pay off? It's time to let another know what's what.

CAPRICORN (Dec. 22-Jan. 19)

You may be ready to do something today that someone has been telling you to do for some time—and another has been telling you not to.

Scrabble Grams

PAR SCORE 150-160, BEST SCORE 224

A ₁	A ₁	O ₁	N ₁	T ₁	B ₃	M ₃

Triple Word Score

--

 RACK 1

A ₁	A ₁	E ₁	N ₁	R ₁	L ₁	B ₃

--

 RACK 2

E ₁	I ₁	D ₂	C ₃	K ₅	B ₃	S ₁

3rd Letter Double

--

 RACK 3

E ₁	O ₁	Y ₄	L ₁	M ₃	R ₁	P ₃

--

 RACK 4

Yesterday's Solution

B ₃	E ₁	D ₂	T ₁	I ₁	M ₃	E ₁
O ₁	U ₁	T ₁	P ₃	O ₁	S ₁	T ₁
B ₃	A ₁	N ₁	A ₁	N ₁	A ₁	
P ₃	E ₁	R ₁	J ₈	U ₁	R ₁	Y ₄

 PAR SCORE 140-150

 RACK 1 = 62
 RACK 2 = 61
 RACK 3 = 8
 RACK 4 = 88
 TOTAL 219

FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

MEDIUM

		2		9	4			
7	8	9	1	6	3	4		2
				8		1	9	6
	4	6						5
2			6	4	8			7
9						6	1	
8	2	4		3				
6		1	4	5	2	7	8	9
			8	1		2		

Yesterday's Solution

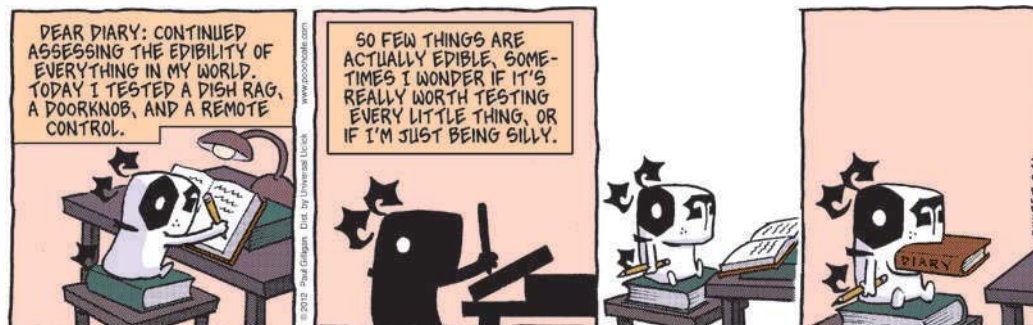
3	7	1	9	6	2	4	5	8
5	8	9	7	3	4	2	1	6
4	2	6	8	1	5	3	9	7
9	1	3	6	4	8	5	7	2
8	6	7	5	2	3	1	4	9
2	5	4	1	7	9	8	6	3
7	4	5	3	8	6	9	2	1
6	3	2	4	9	1	7	8	5
1	9	8	2	5	7	6	3	4

Need more Sudolku?

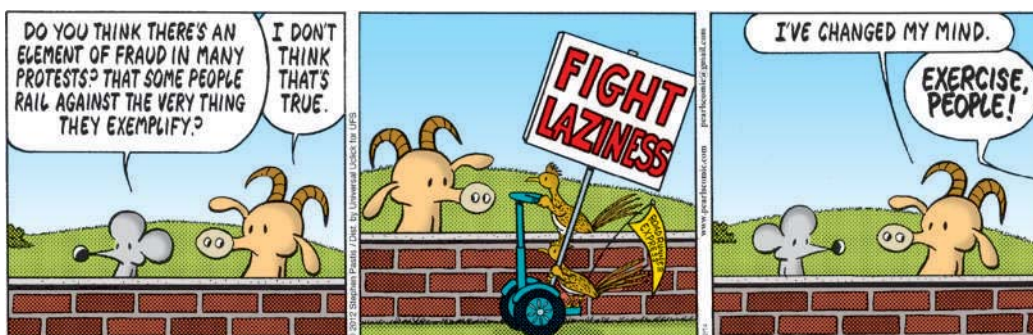
Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

Comics

POOCH CAFE | PAUL GILLIGAN



PEARLS BEFORE SWINE | STEPHAN PASTIS



Forecast

50 | 37

Today: A shower this afternoon. Mostly cloudy tonight with a shower.

54 | 40

Tomorrow: Clouds breaking for some sun tomorrow. Partly cloudy tomorrow night.

Looking Ahead

THU	FRI	SAT
54 40	54 34	49 32

Sun and Moon

Sunrise today: 7:02 a.m.
 Sunset today: 5:44 p.m.
 Moonrise today: 12:43 a.m.
 Moonset today: 10:50 a.m.

Almanac

Normal high: 47
 Record high: 72
 Normal low: 31
 Record low: 2

FORECAST BY ACCUWEATHER.COM ©2012



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Crossword

SIMPLY BRILLIANT

ACROSS

- 1 Nonkosher food
- 4 Bad place to be, in relation to a sewage plant
- 10 Playful kiss
- 14 Flightless bird common in Australia
- 15 One of a band of brothers
- 16 A demonstrated position?
- 17 Experienced know-it-all
- 19 Filly's father
- 20 Ending for "bureau" or "pluto"
- 21 Mad ____ (Wonderland character)
- 23 Action-scene elements
- 25 Genesis brother
- 27 Mr. Potato Head accessory
- 28 Ends of the Earth?
- 29 Uno, ____, tres
- 30 Russian spirit
- 32 "I ____ Rock" (Simon and Garfunkel hit)
- 33 Be relevant (to)
- 35 What those with promising futures have
- 40 Firm, like pasta
- 41 Diesel of Hollywood
- 43 Dramatic event
- 46 Actress Charlotte of "The Facts of Life"
- 47 Any ABBA member
- 49 Convert into leather
- 50 Church niche
- 52 Car in a procession
- 53 Part of the eye
- 55 Dried-up riverbeds
- 56 Cow-horned goddess
- 57 Wiseacre
- 62 Sagan or Sandburg
- 63 Deep soup dish
- 64 Tailless primate
- 65 Orange producer
- 66 Blue-pencils
- 67 Two cents' worth

DOWN

- 1 Cut down with an ax
- 2 "What ____, a mind reader?"
- 3 Brawny

1	2	3		4	5	6	7	8	9		10	11	12	13
14				15							16			
17				18							19			
			20						21	22				
23	24					25	26				27			
28					29				30	31				
32					33				34					
	35		36	37								38	39	
			40									41		42
43	44	45				46				47	48			
49				50	51				52					
53			54					55						
56					57	58	59						60	61
62					63							64		
65					66							67		

EDITED BY TIMOTHY E. PARKER

- 4 Ashcan targets
- 5 Clobbers with snowballs
- 6 Marries
- 7 Billy Joel's "____ to Extremes"
- 8 Improved partner?
- 9 City on the Yamuna River
- 10 Cordage fiber
- 11 American rival
- 12 Word with "winning" or "losing"
- 13 ____ Nevada mountain range
- 18 Ocean flier
- 22 Blacksmith's block
- 23 You can get soaked here
- 24 Pyramid, to a pharaoh
- 25 Luminous rings (var.)
- 26 Sharp as a tack

- 29 Tries to prevent
- 31 Yoko from Tokyo
- 33 Grad student's goal
- 34 Was a consumer
- 36 "At Seventeen" singer Janis
- 37 Gather little by little
- 38 Abroad
- 39 They say the darndest things
- 42 Maiden name lead-in
- 43 Inflexible about the rules
- 44 Victim of Brutus
- 45 Whole
- 47 Many four-doors
- 48 Banshee sound
- 51 What a copier will often do next
- 52 Couldn't stomach
- 54 South Seas spot

- 55 Suburban warbler
- 58 Close-mouthed
- 59 "What ____ you up to?"
- 60 Tax pro, for short
- 61 Vitally important

Yesterday's Solution

1	2	3	4	5	6	7	8	9	10	11	12	13	14
O	V	A	L	C	H	O	U	P	A	S	H	A	
H	A	I	L	S	T	O	R	M	E	A	T	S	
N	A	P	E	E	A	S	E	N	A	E			
A	L	L	A	T	M	C	H	E	E	Z	I	T	
L	E	A	P	S	A	P	S	E	L	A	R	S	
P	A	N	A	T	E	L	A	A	R	M			
D	R	I	V	I	N	G	R	A	I	N			
A	C	E	D	I	S	T	R	E	S				
G	A	D	N	E	A	R	T	A	U	P	E		
O	N	E	V	E	D	E	L	T	A	X			
B	A	G	E	D	I	T							
A	L	O	H	A	C	R	O	S	W	I	N		
I	R	A	S	T	O	D	O		A	N	O		
M	E	A	N	T	S	T	E	M	Y	O	G		

Today in History

1876 Inventors Alexander Graham Bell and Elisha Gray apply separately for patents related to the telephone.

1929 The "St. Valentine's Day Massacre" takes place in a Chicago garage as seven rivals of Al Capone's gang are gunned down.

2011 Protesters take to the streets in Iran, Bahrain and Yemen, inspired by the popular uprising in Egypt.



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people **lookout****UPDATE****Authorities Release Info About Houston's Death**

Whitney Houston was underwater and apparently unconscious when she was pulled from a hotel bathtub, and she had prescription drugs in her room, authorities said Monday. The singer's family made arrangements to fly her body home to New Jersey for a funeral at the end of the week. It could be weeks before the coroner's office completes toxicology tests to establish the cause of death. (AP)

RAMBLINGS**Can It, Celine Dion**

Celine Dion told "Good Morning America" on Monday that "drugs, bad people, bad influences took over [Whitney Houston's] dreams, her motherhood." She continued, "What happens when you have everything? Love, support, motherhood. ... Something happens that I don't understand. That's why I'm scared of show business, of drugs and hanging out. That's why I don't go to parties!" (EXPRESS)



Celine was upset. Why wasn't everyone discussing HER legacy? She's still alive!

Victims**Normal Migraines Are Beneath Him**

Diddy was hospitalized early Monday morning for an "extreme migraine," according to TMZ.com. He hosted a post-Grammy bash at the Playboy Mansion on Sunday night, then went home and got the headache. His concerned entourage took him to the emergency room. Diddy is home and feels better, according to TMZ sources. (EXPRESS)

SHAME**It's Not Polite To Beg**

Oprah Winfrey apologized Monday for a tweet issued Sunday during the Grammys: "Every 1 who can please turn to OWN especially if u have a Neilisen box." Oprah said she deleted the message "at the request of Nielsen," according to the Huffington Post. "I intended no harm and apologize for the reference." Winfrey's new show, "Oprah's Next Chapter," was scheduled up against the Grammys, on CBS. (EXPRESS)

**WHINING****Taylor Swift, Are You Listening to This?**

Adele's songs about breakups and heartache have made her a multi-Grammy Award winner, but she insists she's done with all that. In an interview featured in Vogue's March issue, Adele says people think she's "miserable" because of her music. In fact, the singer vows to "never" write a breakup record again and adds she's "done being a bitter witch." (AP)

"You chewed me up and spit me out/ Like I was poison in your mouth/ You took my light ... you ripped me off."



— KATY PERRY'S NEW SONG, "PART OF ME," WHICH SHE PERFORMED AT THE GRAMMY AWARDS, IS BEING READ AS A SLAM OF EX-HUSBAND RUSSELL BRAND.

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